

DEPLOYMENTS — A WAY OF LIFE IN THE MILITARY

Deployments are an inevitable part of military life. Despite the challenges of separation and change, deployments can be managed. Information and skill building is key to managing the deployment. Working in concert with Command Leadership, the Family Support Group and Ombudsmen, the FFSC will help provide the necessary information and practical skills that allow active duty and family members to cope with deployment challenges.

Years of experience and knowledge about the deployment process make it possible to design a series of informational programs and support services. Over the years, FFSC has provided assistance in three stages of the deployment cycle:

- Pre-Deployment
- During the Deployment
- Reunion and Homecoming

Call the nearest Fleet and Family Support Center in Hampton Roads to find out more information about deployment related issues, schedule a class for your group or organization or register for one of the many classes on our program calendar.



Norfolk 444-2102

Little Creek 462-7563

Oceana 433-2912

Northwest 421-8770

Yorktown 887-4606

Newport News 688-NAVY

After hours, weekends,
& holidays 444-NAVY

Toll-free 1-800-FSC-LINE

Deployment Assistance Programs



**FLEET & FAMILY
SUPPORT CENTERS OF
HAMPTON ROADS**



Visit us at our website!
www.ffscnorva.navy.mil



PRE-DEPLOYMENT

FFSC assists Commands in preparing active duty and their family members for deployment through a variety of informational programs and handout materials.

Couples Pre-Deployment Program

This 45 – 60 minute program covers topics such as financial planning, communication strategies, and other practical, time-tested tactics couples use to successfully navigate separations caused by deployment.

Singles Pre-Deployment Program

This 45- 60 minute program covers an assortment of practical tips singles need to prepare for deployment. Topics include: getting your finances together, paying bills, property storage, car storage and insurance, communicating with family and friends, and much more.

Parent/Child Pre-Deployment Program

A 60-minute program designed for parents with children ages 4– 17. Deployment related separation for children can be difficult, but manageable, when parents use knowledge, skills and techniques that have proven successful for so many others. During this program children are divided into age appropriate, hands-on groups. Parents and children learn how to cope, share feelings and emotions, and ways to stay in touch during deployment.

Managing Sudden Separations Program

Sometimes deployments arise quickly, leaving little time for the Commands to prepare family members. In these situations, FFSC provides this unique program to help family members navigate short-notice deployments. Good information accompanied by helpful techniques allows family members to make the best of an unexpected situation.

DURING THE DEPLOYMENT

FFSC works closely with the Command Support Team to assist family members work through the challenges of coping with separation.

Command Family Support Groups

The Command's family support group is a valuable connecting point for family members to gain support, information, and a place to socialize with others who are going through the same situations. FFSC provides training to family support group leadership. FFSC staff are a ready and valuable resource as speakers on topics relating to staying in touch, emotional pitfalls, stress management, and other deployment-related topics.

Command Ombudsman

The Command Ombudsman is a vital and key link between family members and the Command. The Ombudsman can also provide resource and referral information to family members in need of assistance. FFSC provides basic and follow-up training to Ombudsman and is also a quick and reliable resource when the ombudsman needs additional help with a tough or new situation.

Individual Counseling

The FFSC staff of licensed counselors are available for both immediate and routine assistance when the challenges of separation start to become overwhelming. Many times, a professional counselor can provide the needed support and clarification to help family members get back on track.

Support To Schools

FFSC can provide informational programs to area schools with high concentrations of military children. There are programs for children, like the deployment puppet show as well as classes for teachers, guidance counselors and administrative staff on how to help military children with deployment-related issues.

REUNION AND HOMECOMING

In this final phase of the deployment, FFSC assists with the reunion and homecoming process. Long separations can result in adjustment issues, but having appropriate knowledge can make this homecoming experience even better.

Return and Reunion (R&R) Programs

Many returning Commands request that an FFSC R&R team visit the ship during the final transit days to conduct reunion programs. The programs presented on-board ships include topics such as Money Management, Car Buying, Returning to Children, New Parents, Reunion and Intimacy, Singles Homeward Bound and Resources for Command Leadership Personnel. These final days of the deployment are an excellent opportunity to provide helpful information about the homecoming.

Homecoming Programs for Family Members

Typically at Family Support Groups meetings, FFSC provides family members with information about the types of normal reactions family members are likely to experience and ways to smooth any adjustment issues as a couple, reuniting with children, and family life in general.

